

Mr. Speaker, it is my privilege to honor Major General Sheridan's many accomplishments and to recognize her honorable service to the state of Louisiana and our great nation. She has set a tremendous example, and I hope her accomplishments inspire others to exemplify her excellence. My wife, Kelly, and I thank Major General Sheridan for all she does to defend our community and country, and we wish her continued success.

HONORING MS. BOBBE NORRIS

HON. BARBARA LEE

OF CALIFORNIA

IN THE HOUSE OF REPRESENTATIVES

Thursday, September 14, 2017

Ms. LEE. Mr. Speaker, I rise today to honor the vibrant life of Bobbe Norrise, the first African-American yoga instructor in the San Francisco Bay Area, who shared her passion with our community for over four decades and passed away on May 24, 2017.

Ms. Norrise was born in Berkeley, California, and graduated from Berkeley High

School before she received her Bachelor and Master's Degrees from San Francisco State University.

In 1970, while challenged by the hardships of being a new mother going through a divorce, Ms. Norrise took her first yoga class at Oakland's Studio One which she credited with easing her stress and changing her life. Six years later, Ms. Norrise earned certification from America Yoga College to be an Iyengar Yoga Instructor, thus becoming the first African-American yoga teacher in the Bay Area.

Initially, Ms. Norrise taught her classes in a church on Oakland, California's Webster Street, pioneering a welcoming space for African-Americans in the yoga community. She later became a professor in the Department of Kinesiology at San Francisco State University and dedicated over 20 years to teaching Hatha Yoga in the Bay Area.

In the mid-1970s, Ms. Norrise and her husband began hosting retreats to assist others on their spiritual journeys. In the 1990s, Ms. Norrise began hosting retreats for women with her daughter, Stacey Harmon.

In 1990, Ms. Norrise published "Easy Yoga for Busy People", thus becoming the first Afri-

can-American yoga instructor to write and publish a book about yoga.

Many Bay Area media outlets have featured Ms. Norrise. Stories about her influence in the Bay Area have been documented by KRON-Channel 4, KQED radio and television, Mercury News, and the Oakland Tribune and features about her impact on the yoga community have been published in the Yoga Journal and Heart & Soul Magazine.

In 2011, then-mayor of Oakland, Jean Quan, declared May 15th to be "Bobbe Norrise Day" to acknowledge Ms. Norrise for all of her accomplishments in the field of Yoga instruction and advocacy.

Today, on behalf of California's 13th Congressional District, it is my honor to commend the life and achievements of Ms. Bobbe Norrise. I offer my sincere gratitude to Ms. Norrise for her dedication to spreading self-discovery and tranquility throughout the Bay Area and yoga communities. I also offer my condolences to Ms. Norrise's family and friends as they cope with this immeasurable loss and join together to celebrate her life.